

LOVE THY CARROT

real food made with love

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LENTIL AND MUSHROOM SHEPHERD'S PIE
TOPPED WITH CAULIFLOWE AND PARSNIP
MASH

This recipe makes 6 servings.

INGREDIENTS FOR THE MASH

1/2 large cauliflower, cut into florets
1 to 2 medium parsnip, peeled and cut into 1 inch chunks
1 tbsp olive oil
¼ to 1/2 cup unsweetened non-dairy milk, more if needed
Salt to taste

INGREDIENTS FOR THE LENTILS

2 tbsp olive oil
1 large onion, finely chopped
2 cloves garlic, minced
8 ounces cremini mushrooms, sliced
Two 15-ounce cans lentils, rinsed and drained
1 cup frozen green peas, or fresh when they are in season
2 tbsp dry red wine, optional
1 to 2 tbsp reduced-sodium soy sauce
dash of hot sauce
½ tsp dried thyme
3 tbsp corn starch or arrowroot powder mixed with enough water to make a smooth paste
1 cup, packed of baby spinach or swiss chard, chopped
Freshly ground pepper to taste
Sprinkle of paprika

DIRECTIONS

1. Start by preheating the oven to 400° F.
2. In a large saucepan add the cauliflower and parsnip and cover with water. Bring to a boil then cover and simmer until tender, about 30 minutes. Drain well, and transfer to a food processor.
3. To the food processor add the oil, non-dairy milk, start with a ¼ of a cup and add more if needed. Process until smooth. Season with salt, taste and adjust seasoning, set aside until needed.
4. Heat 2 tbsp of oil in a medium skillet. Add the onions and mushrooms sauté over medium heat for about 5 minutes. Then add the garlic and continue to sauté until the mushrooms are soft and start to release their liquid.
5. Add the drained lentils, wine, soy sauce, thyme, hot sauce and pepper. Cook for 5 minutes. Add the cornstarch paste and stir into the lentil mixture. Bring to a simmer just until the mixture begins to thicken. Taste and adjust seasonings.

6. Add the chopped spinach and the frozen peas. Remove from the heat.
7. Pour the lentil mixture into 6 small tinfoil pans or a 9 x 13 glass pyrex, then spoon the cauliflower parsnip mixture evenly over the top the sprinkle with paprika.
8. Bake for 30 to 35 minutes, or until the top begins to turn golden and slightly crusty. Let stand for 5 to 10 minutes before serving. If you are putting them in the freezer, cool for about 10 minutes then cover with foil, label and store in the freezer until ready to use.

C O O K S N O T E S

You can always make this with mashed potatoes or mashed sweet potatoes in place of the cauliflower.

Make sure cauliflower is well drained. I like to let the cauliflower sit in the colander until it is almost dry. This will help to make sure the cauliflower mash is not watery.

Frozen corn work well in this recipe.

This recipe freezes well - just defrost when ready to eat and bake in the oven at 400° F for about 30 minutes or until hot. You can also put in the oven without defrosting, bake for about 50 minutes, checking halfway.

You can make this in 9 x 13 glass pyrex or two smaller pans.